

## ABSTRACT

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A flask is formed of two panels heat sealed together along with a base or bottom insert. Two spouts are provided proximate the top one of which is for the extraction of fluids and the other of which is for the introduction of fluids. The flask may have a bite valve or a fluid conduit attached to one spout cap. Both spouts may be sealed into and along the edge of the flask. Alternately, one spout may be formed into a panel and the other into and along the edge of the flask. Alternately a pump may be provided to pump air into the flask to pressurize the fluid so that it will be urged out of the flask and through the bite valve when it is open.

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